

***FROM THE GOVERNOR'S COUNCIL ON PHYSICAL FITNESS AND HEALTH
MISSOURI OFFICE OF ADMINISTRATION
P. O. BOX 809
JEFFERSON CITY, MO 65102***

**JANUARY 18, 2002
FOR IMMEDIATE RELEASE**

**DON WALSWORTH TO BE HONORED TUESDAY CONTACT PERSON:
BY THE GOVERNOR'S COUNCIL ON Gloria Wiedlocher, GCPFH
PHYSICAL FITNESS AND HEALTH 573-751-0915**

Jefferson City—Don Walsworth, President and CEO of Walsworth Publishing Company, Inc., will be honored for his substantial contributions to the Show Me Body Walk Program at noon, Tuesday, January 22, at the Brookfield Elementary School, 128 North Pershing. The recognition will be presented by Gary Filbert, Columbia, on behalf of the Governor's Council on Physical Fitness and Health (GCPFH).

Parents, grandparents, local officials and the public are invited to attend the recognition and to view the children's participation in the Body Walk "experience."

Tuesday's event is a very special recognition and "thank you" for Walsworth's on-going efforts to help teach young people good health habits and the importance of healthy lifestyle choices.

Since 1995, Walsworth Publishing Company, Inc. has donated hundreds of thousands of copies of the colorful take home booklet, as a reminder to the students of their Body Walk experience and an effective method of involving families in discussions about healthy choices. Walsworth's substantial contribution to the education of young students throughout Missouri continues to play a significant role in Body Walk's success.

The Governor's Council coordinated the development of Body Walk with the assistance of University Outreach and Extension. The Council has a contractual agreement for the operational management of the Body Walk Program with University Outreach and Extension College of Human Environment Sciences Nutritional Science Department.

Since its inception in 1995, some 300,000 Missouri students, have participated in this hands-on learning experience.

Show Me Body Walk is a unique educational program designed to involve kindergarten through fourth grade students in learning the skills and choices for healthy lifestyles. The program includes:

- A walk through exhibit providing a colorful and enticing staging area for memorable learning experiences about healthy behaviors and choices.
- Classroom activities and suggested resources for teachers to use to prepare the students prior to their walk through the exhibit and to reinforce the learning afterward.
- A take-home booklet for students to read with their families.

On Tuesday, the students will walk through Body Walk:

- Students are engaged in a five-minute presentation and activity at each of the ten stations in the walk through exhibit. To begin, students are given a picture of a food item to wear as they enter the exhibit opening representing the mouth. They proceed through the esophagus tunnel to the stomach dome, are "absorbed" in the small intestine tunnel and follow the path of nutrients through the blood vessel tunnel to the heart, lung, muscle, bone, skin and brain stations.
- The Body Walk exhibit is not an anatomical representation of the human body, although there are a few anatomy models in the stations. The Body Walk exhibit provides an immersion experience with activities that focus on healthy behaviors and choices.

For more information, see Show Me Body Walk's website at:
<http://outreach.missouri.edu/hesfn/bodywalk/index.htm>

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